# WILLIMANTIC, CONN.

## Notable Reduction Sale of Women's Suits and Coats



ill find this an unusually attractive occasion. Every garment inin this sale is from our regular stock, assuring you the authentic correct material, and from the best selling lines, including Serge,

great latitude for choice is permitted, as many colors are represent the popular length coat, plain gored skirt, and some gored with

Suits that were \$12.50 to \$30.00 now marked \$8.50, \$12.50, \$14.50, \$16.50

#### Fashionable Coats Reduced

One shows the beautiful new color effects fashion is bringing out in Coats, another a charming new touch on the collar, etc.

Black, navy blue, tan, wood, brown, black and white stripe, and Copenhagen are represented in this lot, and all are full length, and the regular price of these Coats are \$15.00 to \$25.00, now marked at \$10.00, \$12.50, \$15.00

## The H. C. Murray Co.

NICKEL PLATED COFFEE PERCOLATORS, TEA BALL POTS,

Given as Advance Premiums or fo Checks with our Teas, Coffees, etc.

The T. R. Sadd Co. 768 Main Street.

Tel. 234-4 Willimantic, Ct.

HIRAM N. FENN.

SYDERTAKER and EMBALMER. Lady Assistant

Crane's Papers

JAMES HARRIES. 801 Main Street, Willimantic, Conn.

### Times

\_ Are a Trifle Hard. But Cheer Up, for You Can Get Money by calling at the

Willimantic Loan Company 15 Union Street.

Terms strictly confidential.

A mice variety of Fresh Fish; also STRONG'S FIER MARKET, 28 North St.

WILL COST NEW HAVEN SYSTEM SUM OF \$171,000.

Mellen Road Hard Hit by Reduction of B. & M. Dividend,

Boston, May 9.—The reduction of the dividend of the Boston & Maine railroad will fall heaviest on the New York, New Haven and Hartford railroad, as the gurantor of the prefetred stock of the Boston Holding company, which holds 21,458 shares of Perfetred stock, paying 4 per cent. The payment of the dividend on the remaining 54,472 shares of holding.

Coming Fourth of July celebration and at their meeting Wednesday evening to the invitation from Garde Florimond to participate and formulate plans, such as appointing committees, etc. The recently elected secretary-treasurer. William Dube, will assume his new duties at the meeting.

IGNORED PERSONAL TAX.

So Charles E. Baker of Brooklyn Paid Costs Also, a Total of \$11.

Dr. F. C. JACKSON-Dentist

ELMORE & SHEPARD. mbalmers and funeral Directors. 60-52 North Street, LADY ASSISTANT.

### 1911 Overland Models

Telephone consection.

ERNEST P. CHESBRO, 1029 Main St. Willimantic, Conn.

"Going But of the Clothing Business" Mechanics' Dep't. Store OUTFITTERS TO ALL

E. H. SPRING. Pinno Tuner.

## urray's Boston Store Willimantic, Danielson and Putnam

WILLIMANTIC

What is Going On Tonight.
herier's American Band Minstrels
obner Opera House.
restling Match, Young Gotch vs.
at Monty at W. A. C.
ving Pictures at the Bijou and
ic Temple.
Minantic Commandery, No. 256. U.

CARPENTERS AND JOINERS wage of \$3 Per Day.

al No. \$25, Carpenters and Join jected at that time, at the union's meeting Monday evening. There was a very large attendance at the meeting and the complete proposition was carefully discussed. Some of the members were in favor of accepting the increase in daily minimum wages yearly for the next three years, which would at the expiration of two years reach 33 per day, without the half holiday on Saturday that had been requested, but the majority did not so favor the matter. It was finally voted by the local to compromise on their demand for \$3.25 per day as the minimum wage for eight hours outdoor and nine hours indoor or shop work, by asking for a minimum wage of \$3 per day. The matter of a half holiday has not been mentioned in the compromise. This is to take effect Thursday, June 1. The secretary of the local, Henry Martin, was authorized to notify Charles L. Crane of the Builders' and Contractors' association of the vote taken. It is understood that the matter will be given attention by the builders and contractors at an early date. en attention by the builders and co tractors at an early date.

Store Attached for Rent. Main street. The attachment is to protect a suit instituted by Marcus L. Tryon against Mr. Trudeau to collect one month's rent, \$30, due for the month of April. The papers in the suit were drawn by Attorney George E. Himman. The case is returnable before Justice of the Peace Curtis Dean on the morning of May 15. Damages of \$35 are sought.

D. A. R. Chapter's Whist. an's club under the auspices of Anne Wood Elderkin chapter. D. A. R., proved very pleasant. There was a good attendance. At the conclusion of play refreshments were served.

BOYNTON PROPERTY

Purchased Menday by A. L. French. The property at No. 28 Union street, corner of Center, owned by Mrs. Fannle Boynton, was sold Monday to A. L. French, manager of Swift & company's local branch. The property comprises a two story house of 14 rooms with a small plot of ground at the side and rear. The house has been run for a number of years by Mrs. Boynton for roomers. Mr. French contemplates making a number of changes and will in all probability utilize the ground floor for one or two stores. The consideration of the deal was not named.

Tolland Boy Undergoes Operation. John Poduba, aged 16, of Tolland, was brought to this city Tuesday norning on the 8.50 Central Vermont train and taken to St. Joseph's hos-pital, where he underwent a successful operation for appendicitis at noon.

for Reckless Riding.

riding his motorcycle struck and injured Alice Bebcalk of the Stone Row so that she died as a result early Sunday morning in St. Joseph's hospital, was before the police court Tuesday morning, charged with reckiess driv-ing of a motorcycle. Because of the absence of his attorney, George E. Hinman, the case was continued until Saturday morning at 9 o'clock. Hughes is out on bonds of \$200.

Artisans to Plan for Fourth of July. The local branch of Les Artisans expect to take a prominent part in the coming Fourth of July celebration and

cent. The payment of the dividend on the remaining 54,472 shares of holding company preferred stock will make an expenditure by the New Haven of \$171,000 yearly.

Part of these, however, will remain in the treasury of the holding company, as only five millions of its preferred stock has been sold, leaving \$21,000,000 still in the treasury.

More than half of the Boston & Maine stock appears on the books of the New Haven at 140. Boston & Maine closed today at 110 1-2, off 3 per cent.

Statisticians now count on the survival to maturity of 70 out of every 100 male children born in France, instead of 67 a few years ago.

Costs Also, a Total of \$11.

The first settlemen of personal tax in Windham county, assisted by the play was effected Monday in Pomfret. Cheries E. Baker of Brooklyn being the man to settle up. Mr. Baker was enumerated last fall in the town of Brooklyn, which he called his home, after his vote was challenged. He left Brooklyn some time ago and went to Pomfret to work. Personal Tax Collector W. E. Bassett, of Brooklyn sent a notice to Baker a month or so ago, warrant was issued Monday and placed in the hands of Deputy Sheriff J. H. Strike of Hampton, who called upon Baker to collect, Baker paying the personal tax, with costs, the total amounting to \$11.

ing to \$11.

This is believed to be the first instance, but plenty more will follow if the delinquent males between 21 and 50 do not present themselves to the Filling a Specialty

752 Main Street, - Willimantic

Telephone.

Willimantic

Telephone.

> Patient in Hartford Hespital. Miss Annie McCarthy of 25 Center street, this city, underwent an opera-tion Saturday in a Hartford hospital

A HARMLESS WAY TO

DARKEN THE HAIR. A Little Sage and Sulphur Makes Gray Hair Vanish-A Remedy for All Hair

Who does not know the value of sags and sulphur for keeping the hair dark soft, glossy and in good condition? As a matter of fact, sulphur is a natural element of hair, and a deficiency of it in the hair is held by many scalp specialists to be connected with loss of color and vitality of the hair. Unquestionably there is no better remedy for hair and scalp troubles, especially premature grayness than sage and sulphur, if properly prepared. The Wyeth Chemical company of New York put up an ideal remedy of this kind called Wyeth's Sage and Sulphur Hair Remedy, and authorize druggists to sell it under guarantee that the money will be refunded if it fails to do exactly as represented.

This preparation is offered to the public at fifty cents a bottle, and is recommended and sold by all druggiats

Hudson—How did you vote? Mrs. Hudson—Well, I wanted to vote both ways, so I paired with myself.—Harper's Bazar

that is reported to have been success-

Mise Tucker's Birthday Party. Miss Edith L. Tucker entertained 25 friends at her home in Lebanon Saturday evening May 6th. As it was Miss Tucker's birthday, site received several dainty gifts. Games were heartly enjoyed and a lunch was served. Guests were present from Willimantic, Franklin and Lebanon.

OBITUARY.

Mrs. Mary Brooke this city is one of a large number of grandchildren. The funeral, which was private, was held Tuesday after-noon, Madame Pewsey and her daugh-ter of this city both attending.

FUNERALS.

George W. McDaniels. The funeral of George W. McDaniels renville was the officiating ciergyman. Burial was in the Knowiton cemetery, West Ashford. Funeral Directors Elmore & Shepard of this city were in charge of the arrangements.

was in the Willimantic cemetery, Fu-neral Directors Elmore & Shepard were in charge of the arrangements.

Emanuel Meunier.

tendance of relatives and friends. Rev. J. J. Papillon was celebrant of the solemn high requiem mass, Rev. C. H. Paquette was deacon and Rev. Philip Massicotte being sub-deacon. The mass was sung by a quartette comprising Olivier Chartler, Rene Beaudry, Joseph Gaudreau and D. P. Comtiss ang Miserere by Balfe and at the elevation Pie Jesu by Leybach. The bearers were Peter Mathieu, Alphonse Gelinas, Adolph Harpin, Joseph Dumas, J. Godfrey LaPalme and M. Dumaine, Burlai was in St. Joseph's cemetery.

John McDonough of Jackson street

Elisha A. Winter spent Tuesday vis-Mrs. J. M. Shepard of North street was a Hartford visitor Tuesday. David Elder of Hartford called on riends in Willimantic Thesday.

shester was in Willimantic Tuesday. S. J. Youngs left Tuesday afternoon D. A. Turnbull of Main street is in loston on a three days' business trip. Deputy Sheriff J. H. Fitts of Hamp-ton was a Williamntle visiter Tues-

Rev. J. A. Doherty of Meriden was a guest at St. Joseph's parochia! residence Tuesday.

Rufus A. Hughes Under Bonds of \$300 Rufus A. Hughes Under Bonds of Storrs.

#### STAFFORD SPRINGS

Fire in Faulkner Mill Badly Damages Wool Room-Building and Contents insured-Archdeaconry Meeting at Grace Church.

A fire which broke out in the wool room of the Faulkner mill Monday evening, and which for a short time threatened the entire plant operated by Mr. Faulkner, was headed off by the good work of the firemen and confined to the building in which it started. Located in this building was a large quantity of wool, some of which had only recently been purchased, and this was destroyed. The carpenter as though nothing could stay the progress of the flames, but four or five treams of water were kept constantly at work and in three-quarters of an hour the fire was under control. The plant belongs to the Converse estate and is operated by Frederic Faulkner. The fire will mean the closing of the mill for a time. About 100 hands were employed.

employed. Two of Stafford's manufacturing Two of Stafford's manufacturing plants were wiped out by fire a few months ago and there were many expressions of regret when it was feared that another one located in the heart of the borough would meet a similar fate. Although the fire will interfere with the business for a time, it is hoped that the operatives will not be long idle. Both the building and contents were insured. tents were insured.

Archdesconry Meeting Today. The second stated meeting of the New London archdeaconry will be held in Grace church this (Wednes-day) morning. Most of the delegates will arrive at 11.30. Holy communion will be administered at 11.45. At 1 o'clock dinner will be served to the

guests in the guild room. The business meeting will take place in the parlors of the Springs house at 2 p. m. COLCHESTER.

Recent Visitors-Items of Borough Interest.

Mr. and Mrs. George Smith of Hol-lore, Mass, were the guests of Mr. Smith's parents on Linwood avenue over Sunday Harry McElroy of New Britain was

Sunday.

Edward M. Day of Hartford was the guest of his father on Norwich avenue over Sunday.

Mr. and Mrs. George A. Peck and child of El Nido farm, Westchester, have been visiting Mrs. Peck's parents on Linwood avenue.

Colchester grange held a meeting in Grange hall Tuesday evening.

Clayton D. Barton of East Humpton was in town Monday.

was in town Monday.
Louis H. Baldwin of New Haven
was a caller here Monday.
William Cone of Millington was in town Monday.

Mark Trotter was the guest of friends in Norwich over Sunday.

#### OBITUARY.

Henry A. Warner. New Haven, Conn., May 9.—Henry A. Warner, a real estate man and widely known in this city as the owner of Warner hall, died at his home here today. He was born at Waterville, this state. March 10, 1842.

DANIELSON

Additions to Westfield Church—How a Strange Motorist Jumped the Gap Broad Street to Be Oiled—Grangers Discuss Corn.

Shari-Hot-Su for the Ladies society
of St. Alban's are Miss Beacon St.,
Miss Ada King; Nina Beacon St., Miss
Clara Brooks; Cherry Blossom, Mae
Wheatley; Toy Anna, Mrs. George;
Shari-Hot-Su, Alfred Reed; Kioto,
Clayton Chase; Harold Armstrong,
Sidney Mariand,
William Graves and family recently
spent a few days at Oakland Beach.

Jumped the Gap. There is an interesting story connected with the finding of an automobile marker in an excavation made re

The Toymakers Pleased Audience.

The Jollities company presented the musical comedy The Toymakers in the town hall Tuesday evening. It was an exceptionally good cast and pleased a fair sized audience.

Members of Col. Anderson camp, Sons of Veterans, went to Putnam Monday evening to attend a meeting of George W. Childs camp.

Mrs. Aimon Bartlett entertained the Mrs. Almon Bartlett entertained the W. C. T. U. at her home on Winter street Tuesday afternoon.

A new pole line has been constructed on Mechanic street by the People's Light and Power company for carrying the wires to the Connecticut Mills company at Industrial place. Electrici-

To Oil Broad Street Residents on Broad street have re-oeived several barrels of oil for use on the street in front of their resi-dences. Last year the use of oil was found very satisfying and this year nearly the entire length of the street will be treated with this dust-laying

were in Providence Tuesday.

C. W. Flagg secured from the sale of property belonging to the Hubbard estate a handsome old fashioned ma-

To Improve Telephone Exchange. A part of the new common battery switchboard which is to be installed in the local office of the Southern New England Telephone company has arrived. Work is expected to start this week on remodeling the office.

Resident Manager C. W. Flagg will move this week to a residence on Hawking stream Hawkins street.

At the meeting of the Brooklyn grange Tuesday evening the subject was Corn. Several interesting papers were read and the topic was thoroughly discussed by the members.

Mr. and Mrs. W. P. Kelley are visiting their son, John Kelley, in Washington

Actress Marries a Writer. New York, May 9 .- Margaret Auglin the actress was married to Howard Hull, a magazine writer, at St. Pat-rick's cathedral last night. The cere-mony was performed by the Rev. Fath-er Gleason and the Rev. Dr. Sinnott. PUTNAM

Busy Season in the Ledge Reome-Mail Counting at Posteffice Annua Meeting of D. A. R. Chapter Mrs Daniels Elected Regent.

Degrees for Eighteen Candidates.

Putnam grange, P. of H., worked the first and second degrees on a class of stateen candidates Monday night. Letters addressed to the following remain uncalled for at the Putnam postoffice: Otto Barkey, Pascale Catalbo, Samuel Goldberg, Giacoma Panecasio, Grozio Russo, Cyril BanSouci, E. L. Twomey, Mrs. Carrie Chase, Mrs. C. O. Chase, Mrs. Cordelia Deroche, Mrs. Grace B. Noyes, Hattle Ramage, Mrs. J. B. Sauls, Miss Grace Weaver, Miss Kate White.

Odd Fellows Work Big Class. Tuesday night Israel Putnam lodge, I. O. O. F., worked the first degree on a class of forty candidates.

Owing to the fact that the dirt taken

Owing to the fact that the dirt taken from the sewer trenches on South Main street below the Arch bridge, completely covers the tracks of the electric railway for a short distance, passengers have to change cars at this point for the present.

The following schedule has been prepared at the Putnam postoffice Memorial day: Office open from 6.30 a.m. to 12 m., and from 5.30 to 7 p. m. The money order division will be closed throughout the day. The city carriers will make the two morning collections and the usual morning delivery. The carriers' window will be closed during the afternoon. Rural service suspended for the day.

Putnam chapter, R. A. M., will work the M. M., F. M., and M. E. M. degrees on a class of candidates Thursday evening.

Stock and Fixtures Sold.

The stock and fixtures of the grocery store formerly owned by James E Sullivan were sold Tuesday.

A large and enthusiastic crowd witnessed the production of Buffalo and Pawnee Bill's Wild West shows in motion pictures at the Biadley theater Monday and Tuesday afternoon and evening.

Hustling at Postoffice. At no time in the history of the local postoffice, excepting during the holiday season, has the entire force been kept so basy as at present, owing to the large amount of clerical work involved in the count of mail matter referred to be taken during May by the postoffice department.

Henry Laforte of Abington was in town Tuesday, making arrangements for his dancing class reception.

Getting Ready for Oil. Employes of the street department are busy cleaning the loose dirt from the streets preparatory to applying the oil which is expected to arrive today (Wednesday).

D. A. R. CHAPTER. Holds Annual Meeting-Interesting

Reports Read-Mrs. Abbie Page

Daniels Elected Regent. At the regular meeting of the Elizabeth Porter Putnam chapter, D. A. R., held in the chapter rooms in Pomfret street, Monday afternoon, the regent, Mrs. S. M. Wheelock, presided. Reports of officers were read and accepted and are new new new new new accepted. ed to the chapter. Reports from the Continental congress were most pleasingly given by the regent, Mrs. Wheelock, and the delegale, Miss Andem.

ock, and the delegate, Miss Andem.
Ices and cakes were served by the
hostesses Miss Mary L. Flynn, Miss
Ellen D. Chandler, Miss Ella A. Perley, Miss Mary G. Perley, Miss Anna
M. Sampson, Mrs. Mabel C. Johnson.
After a brief social session, the regent, Mrs. Wheelock, called the meeting to order and opened the annual
meeting of Elizabeth Porter Putran meeting of Elizabeth Porter Putnam chapter D. A. R., and the last meeting at which she would preside as regent. Miss Eilen Wheelock, as recording secretary, gave a satisfactory report of the chapter's business interests for the year.

report of the chapter's business interests for the year.

Membership of 102.

In the absence of Miss S. Elizabeth Clarke, her report as registrar was read by Mrs. Wallace H. Sterns, This report showed a membership of one hundred and two. Other reports, all of which were satisfactory to the chapter members, showing the great activity of the year's work, were read list father made his fortune.

The continuatism at his home on the Willism and the tunnylike, He is so seriously ill mantic tunnylike, He is so seriously ill mantic tunnylike, He is so seriously ill mantic tunnylike, He is so seriously ill election of the following:

From 1912 S. George A. Chishoim of North Attleboro, Mass., Foster Holmes of Minnespolis, and Carl S. Leopoid of Burlington, lowa.

From 1912 S., Bronssais C. Beck of Seattle; Frank M. Callahan of Dayton.

G.; Robert L. Campbell of New Haver, Theophilus R. Hyde of Watermer, a week, to learn the business in which his father made his fortune.

illetin. Mrs. Mary B. Nichols, cha in wave and means committee. M D. Sharpe, cialirman of patrio ucation committee.

Nominating Committee Reports.

Nominating Committee Reports.

Mrs. E. M. Warner, as chairman of the nominating committee, then read the nominations and the chapter proceeded to elect officers, the tellers being Miss Harriet Brown, Mrs. George Glipatric, Miss Mary Wheaton and Miss Bessie L. Champlin.

The elections resulted as follows: For terms of two years: Regent, Mrs. Abbie Page Daniels; registrar, Mrs. Mary H. Medbury; recording secretary, Miss Bertha L. Sargent; historian, Mrs. Mary B. Nichols; chaplain for one year, Mrs. J. R. Stubbert; members of the board of management, first, Mrs. S. M. Wheelock; third, Miss Nellie B. Andrews; fifth, Mrs. M. G. Leonard.

New Regent Presided.

Mrs. Daniels was escorted to the platform by Mrs. Kent and Mrs. Nichols and Mrs. Wheelock graciously guided her to the chair of the regent, from which Mrs. Daniels held an informal reception and this closed the 14th year of Elizabeth Porter Putnam chapter, D. A. R. The programme committee, Mrs. J. B. Kent, Mrs. J. R. Stubbert and Mrs. Eric Johnson, received many compliments upon the result of the entertainments at each chapter meeting through the year.

#### NOANK

Pupils Perfect in Attendance at the Main Street School During April.

The honor roll for the Main street

The honor roll for the Main street school shows 55 pupils neither absent nor tardy during April.

First grammar room, Helen Prentice, teacher—Newton Beebe, Walter Nelson, Albert Patterson, Marion Crossman, Millicent Kelly, Katherine Latham, Eleanor Weeks.

Sixth and seventh grades, Cassie Hewitt, teacher—Walter Ellis, Florence Fitzpatrick, Gertrude Morrison, Florence McDonald, Beatrice Rathbun, Gladys Strong, Helen Vallette.

Fourth and fifth grades, Mrs. Haisey Packer, teacher—Helen Holliday, Constance Hill, Josephine Morrison, Louise McDonald, Charles Patterson, Raymond Rathbun, Lewis Roarke, Elizabeth Spicer, John Smith, Donald McDonald, Lawrence McDonald

Second and third grades, Josephine Hewitt, teacher—Ella Buddington, Samuel Carson, Louis DeBrassi, Bernard Davis, Frances McDonald, Rosable Darmuser, Bollin Besther, Vole

Samuel Carson, Louis DeBrassi, Bernard Davis, Frances McDonald, Rosalle Rasmussen, Rollin Rathbun, Viola Sistare, Lincoln Specht, Charlotte Smith, Floyd Thompson, Alfred Ward, Lyton Wilcox, Willie Sears.

First grade, Sarah Allen, teacher—Mary Barns, Lucy Barns, Harold Brown, Eddie Doucette, Marion Hay, Kennetth Hill, Alan Jenssen, Durwood Maine, Bessie Minnis, Arne Stang, Marvin Porter, John, Sears, Philip Steele, Merie Thompson, Dexter Holliday.

Returns to New York. Dr. A. L. Douglas has returned to his home in New-York after visiting his parents, Mr. and Mrs. Loren Doug-

Mr. and Mrs. L. Riel of North Ad-

street, this village. They were former residents here.

Fulginal Garcau spent Sunday at Willimantic.

Mr. and Mrs. Bergeron of Williman-ank, at the American Mechanics W. fair Saturday night.
Emile Cote left Saturday for Lynn,
Mass. where he is to be employed.

Mass, where he is to be employed,
John F, Brown has gone to Worcester, where he has secured employment at the Boston store.
John Woods, Jr., of Worcester, Mass.
was home over Sunday.
Clarence Maynard is laid up with
rheumatism at his home on the Willimantic turnpike. He is so seriously ill
he has to have an attendant all the

Farwell & Rhines

### Where to Trade in Jewett City

WM. JOHNSTON'S.

s. J. BOTTOMLET & SOR, General Repair Shop, loycle and Automobile Repairing Oil and Gaseline for sale.

IIIA Z. LEWIS. Propriet

THE CLEARANGE SALE

THE BOSTON DRY GOODS STORE -ames & Kees

#### MYSTIC

Funeral of Mrs. William Tourges-Celebrate Golden Wedding-Fire man's Unusual Trouble.

The funeral of Mrs. Buth Chester The funeral of Mrs. Buth Chester Tourges, widow of William Tourges, was held Tuesday afternoon from her home and was largely attended. The services were conducted by Bev. il. M. Morrill, pastor of the Old Mystle Methodist church, Burial was in Eur Grove cemetery. The bearers were relatives, There were beautiful flowers.

Golden Wedding May 12.

Col. and Mrs. Warren N. Packer will celebrate their golden wedding anniversary at their home on West Mystic avenue on Friday, May 12, and will be at home to their family and

William McKone, who has been suf-fering for the past five months, from failen arches, is able to return to work. This trouble was caused while on duty as a fireman at the time of the Central Hail fire and Mr. McKone was forced to stand on the round of a lad-der for some hours without any re-lief. He belongs to the B. F. Hogie fire department of this village.

General News.

Mrs. James McKendrick has returned from a visit with her daughter.
Mrs. Chrence Tucker, in New York.
United Order Golden Cross met in
the L.O.O.F. hall Tuesday evening.
Two applications were read. Action

AURELIAN HONOR SOCIETY.

New Members Elected by Yale Organization Yesterday. New Haven, Conn., May 9,-The Aurelian Honor society of Sheffield Befentific schoool at Yale announced the

## Can't Get Away From It

Is it possible to nourish, strengthen and Re-

Every man who thinks uses up part of the brain each day. Why don't it all disappear and leave an empty skull in say a month of brain

If he builds a little less than he destroys, brain fag and nervous prostration result sure, If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

work? Because the man rebuilds each day.

That also is sure.

Are the brain rebuilding materials found in all food? In a good variety but not in suitable

largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make

Likewise if we would feed in a skilfull manner to insure getting what the brain requires for strength and rebuilding, we must first know what the brain is composed of and then select some article or articles (there are more than one) that contain these elements. Analysis of brain by an unquestionable

phate of Potash) 2.91 per cent. of the total, 5.33 This is over one-half.

Beaunis, another authority, shows "Phos-

authority, Geoghegan, shows of mineral Salts, Phosphoric Acid and Potash combined (Phos-

phoric Acid combined" and Potash 73.44 per cent, from a total of 101.07;

Considerable more than one-half of Phosphate of Potash Analysis of Grape-Nuts shows: Potassium

and Phosphorus (which join and make Phos-

phate of Potash) is considerable more than

one-half of all the mineral salts in the food. Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within to attract, by its own law of affinity, all things needed to manufacture the

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature fur-nishes it in vegetable, fruits and grain. To supply deficiencies—this is the only law of cure."

of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fag because its daily loss is On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is neces-

interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juless of stomach and pancreas.

Therefore, the mental state of the individual

has much to do (more than suspected) with Brain is made of Phosphate of Potash as

the principal Mineral Salt, added to albumen Grape-Nuts contain that element as more

than one-half of all its mineral salts. A healthy brain is important, if one would

'do things' in this world.

A man who sneeds at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day, Nature's way to rebuild is by the use of

food which supplies the things required. Brain rebuilding material is certainly found in

**Grape-Nuts** 

"There's a Reason"

Postum Cereal Company, Ltd. Battle Creek, Mich.